



WORKSHOP

Introducing Mindfulness Research, Theory, and Practice

Saturday 11th November, 2023, 9:30-12:30

At Kyoto University Seifūsō Villa

FREE, LIMITED TO 20 PARTICIPANTS, IN ENGLISH

Please register by November 7th at: philosophia@gsais.kyoto-u.ac.jp indicating your name & affiliation, then, if seats are still available, details will be sent to you

Purpose and Content

- ❖ This 3-hour on-site workshop introduces the foundational research, theory, and practice of mindfulness. We focus on **Mindfulness-Based Cognitive Therapy for Life**, originally co-developed at the University of Oxford Mindfulness Centre for the general population, and introduce its essential content and skills according to the current adaptation conducted in Kyoto University's Mindful Living Research Group, in relation to Kyoto's traditional culture of "mindful awareness" (正念正知), ethics and aesthetics of care. Such "life-wisdom" (生の知) will be envisioned as addressing the root mental causes of human suffering, and thus offering in our critical times the most needed **integrated knowledge to survive and thrive** (総合生存学).
- ❖ The emphasis is on experiential learning and in-depth inquiry, through a combination of seminal lectures, guided practices, and group discussions, around three main themes:
 - (1) **Mastering attention** with purpose and care: undistracted and open awareness;
 - (2) **Discerning ways of being**: conceptual thinking and direct experience;
 - (3) **Responding skillfully** (not reacting automatically) to challenging situations.
- ❖ According to an "ecology of attention," and within the supportive architecture, garden, and landscape of Seifūsō Villa, we shall explore the integration of ancient wisdom traditions and evidence-based sciences around the core **life skill of mindfulness**: arguably the very foundation of learning, resilience, wellbeing, and creativity.

正念正知

Speakers



Marc-Henri Deroche, PhD (EPHE, Paris), is Associate Professor at Kyoto University GSAIS, where he supervises the Mindful Living Research Group, a transdisciplinary graduate research seminar that focuses on mindfulness at the crossroads of Buddhist studies, Western philosophy, and modern psychology, in quest of the "good life." He also trained as a teacher in Mindfulness-Based Cognitive Therapy for Life with Oxford Mindfulness Foundation. His research has appeared in *Asian Philosophy*, *Philosophy East and West*, *Eidos*, *Religions*, *Journal of Buddhist Ethics*, etc. He has lived in Kyoto since 2008 and traveled extensively in Asia, Tibet, and the Himalayas.



Ryotaro Kusumoto, MPhil (Kyoto University), is a PhD student at Kyoto University GSAIS, and also currently training as a teacher in Mindfulness-Based Cognitive Therapy for Life with Oxford Mindfulness Foundation. His research has previously elucidated traditional Japanese Buddhist educative frameworks (published in *Religions*), and been presented, among others, at the conferences of the International Society for Contemplative Research, and the Comparative and International Education Society. His doctoral thesis aims at re-articulating and implementing mindfulness in higher education and life-long learning.

<https://www.gsais.kyoto-u.ac.jp/trg/mlrg/index.html>